

Table 6.120 **Frequency of food items eaten by children in South Africa (n = 2883) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	5212	2720	397	1.6	248
2. White sugar	5286	2605	25	1.7	15
3. Chicken	4406	2574	27	0.4	68
4. Vg/ble (pot / sw pot)	3961	2377	55	0.5	110
5. White rice	2356	2332	49	0.4	123
6. Fruit (other)*	5544	2277	90	0.7	129
7. Eggs	2917	2239	32	0.5	64
8. Vg/ble (cabbage gr)	2435	2184	26	0.3	87
9. Beef	4195	2051	34	0.4	85
10. Tea	1868	1865	204	1.1	185
11. Vg/ble (pumpkin gr)	1892	1779	24	0.3	80
12. Milk (whole)	3811	1767	140	1.7	82
13. Bread (brown)	1794	1759	73	0.9	81
14. Salty snacks	2388	1719	18	0.5	36
15. Bread (white)	2248	1705	67	0.9	74
16. Fat (HM§/cooking fat)	2440	1563	6	1.2	5
17. Fish (pilch /sard)	1600	1559	19	0.2	95
18. Vg/ble (other)**	1652	1332	33	0.5	66
19. Vg/ble (green lvs)	1421	1323	46	0.4	115
20. Sweets	1906	1319	11	0.6	18
21. Mutton	1827	1318	24	0.2	120
22. Cakes (c/kies / rusk)	1449	1282	14	0.5	28
23. Salads	2068	1279	23	0.4	58
24. Samp + beans	1244	1211	61	0.2	305
25. Cold drink (squash) ‡	1226	1154	167	0.8	209

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group; ‡ Cordial made with water

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.121 **Frequency of food items eaten by children in the Eastern Cape (n = 429) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	1282	423	435	1.6	272
2. White sugar	844	422	31	1.7	18
3. Chicken	508	389	14	0.3	47
4. Vg/ble (pot / sw pot)	615	385	61	0.5	122
5. White rice	400	384	60	0.5	120
6. Fruit (other)*	837	362	74	0.6	123
7. Vg/ble (cabbage gr)	460	357	35	0.4	88
8. Samp + beans	372	351	105	0.4	263
9. Bread (white)	430	341	73	0.8	91
10. Tea	312	309	232	1.1	211
11. Eggs	423	301	27	0.4	68
12. Fat (HM§/cooking fat)	470	299	5	1.0	5
13. Salty snacks	337	296	8	0.4	20
14. Soya	309	286	59	0.4	148
15. Vg/ble (pumpkin gr)	301	285	32	0.3	107
16. Milk (whole)	481	268	111	1.3	85
17. Vetkoek	259	257	35	0.3	117
18. Mutton	375	255	17	0.2	85
19. Fat (SO / PU oil)	291	239	3	0.7	4
20. Beef	392	238	18	0.3	60
21. Bread (brown)	233	228	43	0.6	72
22. Maas /sr/butt mlk	246	219	149	0.6	248
23. Sweets	266	217	8	0.5	16
24. Vg/ble (other)**	231	211	28	0.3	93
25. Maize samp & rice	215	202	105	0.4	263

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.122 **Frequency of food items eaten by children in the Free State (n = 207) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	264	205	551	2.4	230
2. Milk (whole)	277	177	191	2.5	76
3. Sugar (white)	224	165	22	1.6	14
4. Vg/ble (cabbage gr)	161	159	31	0.5	62
5. Vg/ble (pot / sw pot)	172	159	59	0.6	98
6. Tea	138	138	205	1.0	205
7. Chicken	146	135	24	0.4	60
8. Eggs	123	121	28	0.4	70
9. Vg/ble (green lvs)	117	115	47	0.5	94
10. Vg/ble (pumpkin gr)	115	113	33	0.4	83
11. Fruit (other)*	211	113	81	0.7	116
12. White rice	103	103	32	0.4	80
13. Bread (brown)	93	92	63	0.8	79
14. Fish (pilch / sard)	82	82	18	0.2	90
15. Bread (white)	86	79	55	0.5	110
16. Beef	93	78	49	0.5	98
17. Mutton	91	75	36	0.4	90
18. Salads	84	72	24	0.4	60
19. Fruit (orange fruit)	69	66	139	0.8	174
20. Samp + beans	51	51	41	0.3	137
21. Maize samp & rice	44	41	60	0.4	150
22. Vetkoek	33	32	56	0.5	112
23. Salty snacks	37	32	35	0.8	44
24. Tea (rooibos)	28	28	350	1.6	219
25. Vg/ble (other)**	30	28	30	0.4	75

* Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^{an}

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^{an}

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.123 **Frequency of food items eaten by children in Gauteng (n = 428) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Chicken	851	408	37	0.7	53
2. Maize	724	405	349	1.7	205
3. Vg/ble (pot / sw pot)	707	405	48	0.5	96
4. Sugar (white)	846	398	22	1.8	12
5. Fruit (other)*	995	392	98	0.9	109
6. Beef	929	390	40	0.5	80
7. Eggs	505	378	37	0.5	74
8. White rice	356	356	41	0.4	103
9. Vg/ble (cabbage gr)	371	346	19	0.3	63
10. Vg/ble (pumpkin gr)	325	321	20	0.3	67
11. Salty snacks	474	318	21	0.6	35
12. Milk (whole)	733	318	109	1.8	61
13. Sweets	425	292	13	0.7	19
14. Bread (brown)	294	292	84	1.2	70
15. Salads	422	280	18	0.3	60
16. Fat (HM§/cooking fat)	423	277	6	1.3	5
17. Cakes (c/kies/rusk)	295	275	16	0.5	32
18. Tea	272	272	203	1.1	185
19. Vg/ble (other)**	328	269	40	0.6	67
20. Peanut butter	260	252	12	0.8	15
21. Vg/ble (green lvs)	261	252	33	0.4	83
22. Bread (white)	308	245	61	0.9	68
23. Fish (pilch / sard)	248	244	15	0.2	75
24. Mutton	298	225	20	0.3	67
25. Bread spreads (sw)	228	223	11	0.7	16

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.124 Frequency of food items eaten by children in KwaZulu/Natal (n = 554) as determined by the QFFQ

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	1137	525	361	1.5	241
2. Sugar	923	514	24	1.5	16
3. Chicken	675	486	28	0.3	93
4. White rice	465	465	71	0.5	142
5. Vg/ble (cabbage gr)	521	452	34	0.3	113
6. Tea	447	447	196	1.0	196
7. Fruit (other)*	935	436	70	0.6	117
8. Beans / lentils	425	416	64	0.3	213
9. Vg/ble (pot / sw pot)	557	409	61	0.5	122
10. Eggs	487	407	25	0.4	63
11. Beef	637	403	39	0.3	130
12. Bread (white)	447	341	70	0.8	88
13. Fish (pilch / sard)	339	333	17	0.2	85
14. Bread (brown)	333	329	76	0.9	84
15. Vg/ble (pumpkin gr)	344	327	28	0.3	93
16. Fat (HM§/cooking fat)	458	325	5	1.1	89
17. Salty snacks	381	322	12	0.4	30
18. Samp + beans	280	280	47	0.2	235
19. Cold drink (squash)	264	258	187	0.8	234
20. Vg/ble (green lvs)	270	255	43	0.3	143
21. Milk (whole)	392	229	80	1.2	67
22. Pork / ham	285	226	10	0.4	25
23. Vg/ble (other)**	252	206	29	0.5	58
24. Cakes (c/kies /rusks)	216	203	13	0.5	26
25. Peanut butter	186	175	9	0.5	18

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.125 **Frequency of food items eaten by children in Mpumalanga (n = 163) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	226	158	419	1.6	262
2. Chicken	217	134	25	0.5	50
3. Eggs	169	131	50	0.6	83
4. Sugar (white)	228	129	22	1.5	15
5. White rice	120	120	46	0.4	115
6. Vg/ble (cabbage gr)	124	118	23	0.4	58
7. Bread (brown)	116	116	110	1.0	110
8. Vg/ble (pot / sw pot)	166	109	47	0.5	94
9. Beef	192	100	38	0.5	76
10. Tea	96	96	218	1.1	198
11. Vg/ble (green lvs)	101	96	48	0.6	80
12. Fruit (other)*	219	94	88	0.8	110
13. Vg/ble (other**)	103	89	52	0.6	87
14. Fish (pilch /sard)	83	81	29	0.3	97
15. Salads	130	77	24	0.5	48
16. Sauce / soup (sav)	71	71	9	0.4	23
17. Milk (whole)	119	65	129	1.3	99
18. Salad dressing	62	61	7	0.2	35
19. Soya	57	57	63	0.6	105
20. Fat (HM§/cooking fat)	82	56	6	1.2	5
21. Cold drink (squash)	61	56	119	0.5	238
22. Salty snacks	84	55	39	0.5	78
23. Vg/ble (pumpkin gr)	55	55	23	0.3	77
24. Milk (non-dairy)	61	49	11	1.2	9
25. Milk (custard)	47	46	21	0.2	105

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.126 **Frequency of food items eaten by children in Northern Cape (n = 157) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	288	156	311	1.4	222
2. Sugar (white)	271	142	26	1.7	15
3. Chicken	210	141	23	0.4	58
4. White rice	132	132	30	0.3	100
5. Eggs	149	125	23	0.3	78
6. Bread (white)	179	125	53	0.8	66
7. Vg/ble (pot / sw pot)	164	121	33	0.4	83
8. Vg/ble (pumpkin gr)	115	111	17	0.2	85
9. Fruit (other)*	241	101	68	0.5	136
10. Tea	95	95	188	1.0	188
11. Mutton	124	93	32	0.3	107
12. Vetkoek	94	92	23	0.3	77
13. Vg/ble (cabbage gr)	92	87	15	0.2	75
14. Beef	145	86	29	0.3	97
15. Vg/ble (carrots)	83	82	11	0.2	55
16. Milk (whole)	158	80	88	1.4	63
17. Samp + beans	79	78	52	0.2	260
18. Fish (pilch / sard)	78	77	24	0.2	120
19. Bread (brown)	62	61	49	0.8	61
20. Salads	63	55	16	0.3	53
21. Fat (HM§/cooking fat)	67	52	5	0.9	6
22. Bread spreads (sw)	52	52	11	0.7	16
23. Vg/ble (other)**	59	51	20	0.3	67
24. Maize samp & rice	44	42	39	0.2	195
25. Cakes (pudding)	54	42	18	0.2	90

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.127 **Frequency of food items eaten by children in Northern Province (n = 355) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	499	348	541	2.2	246
2. Bread (brown)	301	300	91	0.9	101
3. Chicken	593	299	30	0.6	50
4. Sugar (white)	411	267	17	1.3	13
5. Eggs	331	250	50	0.7	71
6. Vg/ble (green lvs)	295	250	83	0.9	92
7. Fish (pilch / sard)	252	239	26	0.3	87
8. Vg/ble (cabbage gr)	242	224	24	0.4	60
9. Beef	364	219	31	0.4	78
10. White rice	216	216	39	0.3	130
11. Vg/ble (pot / sw pot)	297	216	54	0.6	90
12. Fruit (other)*	398	207	83	0.7	119
13. Tea	197	197	180	0.9	200
14. Vg/ble (other)**	190	160	46	0.6	78
15. Milk (non-dairy)	134	123	5	0.9	6
16. Fruit (orange type)	164	121	196	0.7	280
17. Sauce / soup (sav)	119	119	8	0.3	27
18. Salty snacks	148	117	39	0.6	65
19. Milk (whole)	198	117	99	1.1	90
20. Fat (HM§/cooking fat)	121	108	6	1.0	6
21. Cold drink (squash) ‡	109	106	179	0.7	256
22. Salad dressing	110	105	6	0.3	20
23. Soya	105	105	53	0.6	88
24. Tea (rooibos)	105	105	182	0.9	202
25. Pasta	119	97	40	0.4	100

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group; ‡ Cordial made with water

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.128 **Frequency of food items eaten by children in North West (n = 233) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Maize	408	232	450	1.8	250
2. Chicken	453	230	22	0.5	44
3. Sugar (white)	444	222	22	1.7	13
4. Vg/ble (pot / sw pot)	315	220	47	0.5	94
5. Fruit (other)*	471	219	53	0.5	106
6. Milk (whole)	464	216	120	1.7	71
7. White rice	215	215	31	0.3	103
8. Eggs	233	204	21	0.3	70
9. Beef	425	202	23	0.3	77
10. Vg/ble (cabbage gr)	206	200	17	0.3	57
11. Vg/ble (pumpkin gr)	198	196	15	0.2	75
12. Salty snacks	262	194	13	0.4	33
13. Bread (white)	235	189	29	0.3	97
14. Vetkoek	188	187	21	0.2	105
15. Salads	224	178	13	0.2	65
16. Bread (brown)	178	176	48	0.6	80
17. Cakes (c/kies / rusk)	183	175	8	0.4	20
18. Fish (pilch / sard)	175	174	15	0.2	75
19. Tea	165	165	189	1.0	189
20. Fat (HM§/cooking fat)	222	152	3	0.6	5
21. Sweets	178	144	6	0.5	12
22. Vg/ble (other)**	198	142	22	0.4	55
23. Sauce / soup (sav)	124	124	5	0.2	25
24. Mutton	153	123	14	0.2	70
25. Vg/ble (green lvs)	118	116	18	0.2	90

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich; ** Vegetables other than green leafy, cabbage group or pumpkin group

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by “number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food^a”

^c: the average number of times eaten per day was calculated by “the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food^a”

^d: the average portion size was calculated by dividing ^b by ^c

Table 6.129 **Frequency of food items eaten by children in Western Cape (n = 357) as determined by the QFFQ**

Food item	No of times recorded	No of ^a children eating it	Ave total ^b amount eaten/day (g)	Ave No ^c of times eaten/day	Ave ^d portion size
1. Vg/ble (pot/ sw pot)	968	353	63	0.7	90
2. Fruit (other)*	1237	353	157	1.2	131
3. Chicken	753	352	30	0.4	75
4. Salty snacks	618	347	19	0.7	27
5. Sugar (white)	1095	346	32	2.3	14
6. White rice	349	341	46	0.6	77
7. Beef	1018	335	40	0.5	80
8. Eggs	497	322	27	0.4	68
9. Sweets	620	318	18	0.8	23
10. Pork / ham	742	304	19	0.6	32
11. Fish (fish)	487	300	16	0.2	80
12. Milk (whole)	989	297	265	2.3	115
13. Pasta	530	296	37	0.3	123
14. Bread (white)	458	292	93	1.5	62
15. Cakes (c/kies / rusk)	393	281	16	0.5	32
16. Vg/ble (pumpkin gr)	343	278	21	0.3	70
17. Peanut butter	287	276	10	0.7	14
18. Mutton	454	272	29	0.3	97
19. Fat (HM§ /cooking fat)	571	271	12	2.2	5
20. Salads	649	270	36	0.6	60
21. Maize	384	268	169	0.7	241
22. Milk (yoghurt)	260	253	44	0.3	147
23. Bread spreads (sw)	283	250	14	0.7	20
24. Cakes (pudding)	379	250	20	0.2	100
25. Vg/ble (cabbage gr)	258	241	16	0.2	80

§ HM Hard margarine; * Fruit other than vitamin C-rich or vitamin A-rich

^a: the number of children eating a particular food

^b: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"^a

^c: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"^a

^d: the average portion size was calculated by dividing ^b by ^c